Name_____

ACL RECONSTRUCTION & PATELLAR REALIGNMENT POSTOP EXERCISES

Activity: Bedrest nearly 24 hours/day for first 7 days after surgery. Only get up to eat or bathroom by walking with as much weight on your foot as tolerated. On the rare occasion you do walk, walk with your knee straight and heel-toe gait. Use crutches until you can walk well without them.

All exercises every 2 hours during the day (Except CPM knee flexion every 4 hours) with CryoCuff/ice off.

CPM resting setting: Move knee slowly from -5° to 35°. Have CryoCuff/ice on knee. Your knee is in the CPM at all times except during exercises.

Day # _____ Date _____	6A	7A	8A	9A	10A	11A	12N	1P	2P	3P	4P	5P	6P	7P	8P	9P	10P	11P	12M
CPM Knee flexion: Every 4 hours. Set CPM to 110°. Hold leg continuously in CPM at 110° for 3-5 minutes. You may increase the flexion angle if tolerated. Do this 2-3 times per day.																			
Knee flexion: Sit up in bed. Slide heel slowly toward buttocks. Use hands to pull into as much flexion as you can tolerate. Hold 10 seconds. Straighten/rest about 30-60 seconds, then repeat the flexion for another 10 seconds. Do this twice.																			
Towel stretch: Sit up in bed. Wrap towel around forefoot(between arch and ball of foot). Pull towel with one hand while pushing you thigh down just above the knee with the other hand. The goal is to hyperextend your knee. Hold 5 seconds while contracting thigh muscle. Do 5 times with a 30 second rest in between.																			
Straight leg raises: Lie flat in bed. Contract quad and lift leg at least 2 feet off surface, keeping knee as straight as possible. Do this 10-20 times.																			

Hyperextension stretch: DONE WITH ASSISTANT. Lie flat on bed or floor with your head down. Assistant places one hand just above the knee and pushes downward. The assistant's other hand grabs the forefoot (between arch and ball) and lifts upward, while pushing the knee down to keep flush with the surface. Goal is to extend your knee backwards (hyperextend) as much as your non-operative knee. Hold 30-40 seconds, relax 30 seconds then repeat. Do this 2-3 times.																			
Knee extensions: Lie flat in bed. Prop heel up on firm object 6-18 inches high (e.g. CryoCuff canister, coffee can). Tighten quad to try to hyperextend knee. Hold 3-5 minutes. Optional: Place 3 5 lb. sand bag weights on proximal tibia (i.e., just below the knee) for 5 minutes.																			
Return to CPM resting setting -5° to 35°.																			
Tylenol 1000 mg every 6 hours (maximum 4000mg/24 hours) for one week then as needed for pain. **Anti-inflammatory:** Aleve/Naprosyn/Naproxen500-600mg every 12 hours OR ibuprofen/Advil/Motrin 400-800mg every 8 hours (maximum 2400mg/24 hours) Take regularly for 2 weeks then as needed for pain, swelling.																			
Prescription pain medicine: **Gabapentin 600 mg** every 8 hours x 7 days, then every 12 hours x 3 days then once a day x2 days. **Prescription pain medicine as directed as needed for pain.**																			

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